

# ME & MY FAITH

## THEMED PROGRAMME



### AIM

Faith is a small word with a massive amount of meaning behind it. Explore what is meant by 'Faith' and how we can put our faith into action as we continue on our own faith journeys.

### ACTIVITIES

-  The Ingredients of Faith
-  Duct Tape Faith
-  Faith Walk
-  Stories of Faith
-  The Step Ladder of Faith

# ME & MY FAITH

## » INTRODUCTION

Faith is about having complete confidence and trust in something or someone. A Christian faith is about putting that belief and trust into action.

Christians experience their faith in different ways. Everyone is on what can be described as a 'faith journey' and we are all at various points on that journey.

**"Faith is the assurance of things hoped for and the conviction of things not seen." Hebrews 11:1**

## ? DID YOU KNOW?

- 27.5 million people in the UK describe themselves as having a Christian faith. That's just under half the population.
- Famous Christians who have talked about their faith include Tom Hanks, Hugh Jackman, Marcus Rashford, Stormzy, Bear Grylls, Lewis Hamilton and Justin Bieber.
- Martin Luther King Jr once famously said that "Faith is taking the first step even when you don't see the whole staircase".



## GET INTO THE BIBLE: DEVELOPING MY FAITH THE INGREDIENTS OF FAITH

- 1 Start by thinking about what you believe the definition of faith is? As a group try to come up with some key words you think are associated with faith. Can you come up with a definition?
- 2 Let's take a look at faith in a practical way. Who **believes** that if you fell backwards, someone else in the room would have the ability to catch you? Of those who said yes, who **trusts** that person to actually do it and catch you?
- 3 Put that belief and trust to the test. Encourage people to fall backwards into each other's arms. When falling backwards you must keep your body completely straight. The person catching should wait until they have fallen a little way before catching them. Did everyone keep their body straight when falling (full faith in their catcher), or did some people start to bend their knees or place their hands behind them to break the fall, just in case the worst happened (lacked faith in their catcher)?
- 4 It can be said that faith is made up of three main ingredients. These are:  
**Belief:** Based on evidence (i.e. Do they look strong enough to catch me?).  
**Trust:** Based on personal confidence (i.e. Can I trust them to catch me or will they drop me?).  
**Action:** Based on personal involvement (i.e. Putting that belief and trust into action and falling backwards without flinching).
- 5 Faith in God is made up of these same three ingredients.
- 6 Many people say that they believe in God, but the Bible also talks about having faith in God. Being a Christian is more than just believing in God, it is trusting him 100% and living your life based on that belief and trust.



**"So it is with faith: if it is alone and includes no actions, then it is dead." James 2:17**



## GET INTO THE BIBLE: DEVELOPING MY FAITH

# DUCT TAPE FAITH

- 1 Challenge:** Fix something using duct tape. This could be an old plate / mug that has been broken into a number of pieces (please take care!), a t-shirt ripped into two or three sections, a water pipe with holes drilled into it etc. Can you fix the item using just duct tape?
- 2** Duct tape is a pretty impressive piece of kit. It can almost fix anything and is known to be super strong. So, what do duct tape and faith have to do with each other?
- 3 Faith can be used to hold our lives together:** We often use duct tape to hold things together, even when things look like they are beyond broken. Christians believe their faith holds their life together too. We all go through moments in life when it might feel like things are falling apart, but Christians rely on their faith to keep going and believe it can be relied on regardless of what is going on around us. God will always have our back and see us through.
- 4 Faith is universally useful:** Faith, like duct tape, can be used in loads of situations. Whatever situation we are facing, there will always be something in the Bible that we can use as a piece of faith like duct tape to patch things back together again.
- 5 Faith can be relied on:** Duct tape can be relied on to get the job done. You'll always have a roll of it in a drawer somewhere ready to spring into action when it's needed the most. Faith is trusting that God is always going to be there to provide for you no matter what.
- 6** Faith is choosing to believe what God says, regardless of what you can see or feel around you.
- 7** Read **Hebrews 11:1** and **Hebrews 11:6**. What do these verses say about faith and how we should use it?



## GET ACTIVE: PLAYING GAMES

# FAITH WALK

- 1** For this activity you will need a bed sheet or blanket, lots of drawing pins and a blindfold.
- 2** Place the bed sheet on the floor and put lots of drawing pins on top, with the sharp end pointing upwards. Make a narrow pathway through the pins, that someone could only just walk through.
- 3** Ask for a volunteer who would be happy to walk through the pins. Explain that the volunteer will be blindfolded and will need to walk through the drawing pins using the verbal guidance that you will give them. They will need to do this with their shoes off. Does anyone feel confident enough to try it?
- 4** Place a blindfold on the person and spin them around a few times to make them feel a little disorientated. Whilst this is happening, a couple of people should carefully (and quietly) take away the bedsheet and pins, meaning the pathway is now completely free of danger.
- 5** The volunteer should now walk through what they believe to be the safe pathway through the pins, with you verbally guiding them. To add to the drama try and sound a bit stressed out as you guide the volunteer, as if you're not confident in your instruction. Everyone else could make gasping sounds occasionally, as if the blindfolded person has just narrowly missed a drawing pin.
- 6** Once the volunteer has made it to the other end, ask them a couple of questions before they take their blindfold off. Ask how they found it? Did they 100% believe they wouldn't step on a pin, or were they a bit worried? What did it feel like to put your trust in someone else's hands?
- 7** The volunteer can now take off the blindfold to reveal the empty floor.
- 8** Whilst this walk of faith wasn't quite as it seemed, point out that it still required the volunteer to believe it was possible, trust in their guidance and then put that belief and trust into action.
- 9** Walking with God is no different. It requires belief, trust and action. Are you ready to make that first step and then keep putting one foot in front of the other?



## GET INTO THE BIBLE: UNDERSTANDING CHRISTIAN VALUES STORIES OF FAITH

Spend some time listening to other people share their story of their faith. We can learn lots from understanding how other people use their faith to guide and motivate them in their lives. Show one or more of the following faith stories.

**Dez Johnston (BB UK & RoI President):** Dez's Story, Alpha Scotland (<https://youtu.be/VD3rld4RUXc>)

**Bear Grylls (Adventurer):** My Faith is my strength (<https://youtu.be/qfiQoHyJC10>)

**Bukayo Saka (Arsenal & England Footballer):** World Cup Press Interview (<https://youtu.be/s3r2UhEyyTo>) or 10 Things he Can't Live Without (Bible) (<https://youtu.be/f73wGkOihcg>)

**Your BB Leader / Church Leader:** Ask your BB leader or your minister (or similar) to share their faith journey with you. If they are comfortable, then ask them some questions about this too.



## GET INTO THE BIBLE: DEVELOPING MY FAITH THE STEP LADDER OF FAITH

Use this activity to allow the group to reflect on where they might be on their faith journey and spend some time in prayer considering your next steps.

- 1 For this you will need a step ladder (ideally four steps) and a copy of the Step Ladder of Faith sheet.
- 2 Christians experience their faith in different ways. Everyone is on a faith journey and we are all at various points on that journey.
- 3 Imagine that your journey of faith is like a step ladder, with the different steps representing your journey through faith.
- 4 Bring out a step ladder and show a copy of the Step Ladder of Faith sheet. This could be done by printing the sheet and handing them out, or showing it using a TV screen / projector.
- 5 Use the sheet to talk through the different stages on the step ladder of faith. This covers five different stages, from both feet firmly on the floor and not going anywhere near the ladder, to making it to the top step and feeling 100% comfortable.
- 6 If a leader is comfortable doing so, ask them to share where they feel they currently are on the step ladder of faith. This may have changed over time as they have gone through different experiences and moments in their life. Ask them to talk about their journey and the different steps they may have been on throughout their life so far.
- 7 Now spend a bit of time in quiet reflection, thinking about where you might be on your journey of faith. Which step do you feel you are currently stood on? Have you always been on that step, or have you previously been stood elsewhere? Are you looking to make a step higher, if so what do you think you need to do to make that progress?
- 8 Play some music whilst you spend some time in quiet reflection. Hand out some post-it notes and encourage everyone to write a short prayer on the post-it note, giving thanks for their faith journey so far and ask God for the strength to continue on it.
- 9 Encourage people to place their post-it note on the step of the ladder they currently feel they are at.
- 10 If you wish to talk to someone in more detail about your faith journey please speak to your Chaplain or another BB leader, who will be happy to chat to you and support.

# THE STEP LADDER OF FAITH

**Step 4** – You trust this ladder 100% and you're very comfortable stood on the top step. The ladder isn't shaking, instead it feels solid as a rock and it's allowing you to reach your full potential. You feel the view from the top of the ladder is glorious and you're in a very good place with your faith.

**Step 3** – It's taken you some time to get here but you're starting to feel confident. You feel quite high up and thankfully the shaking doesn't happen as much now. You're not too worried about needing to get off quickly and you've become quite comfortable with the height you're at. You know there is more work to go, but you feel in a good place.

**Step 2** – Both feet are on the ladder and you've made it to the second step. At times you can feel the ladder is supporting your weight, but then sometimes you think it might be shaking and you can't help but feel the need to jump off. You can easily step off from here (and sometimes you do).

**Step 1** – One foot has made it onto the ladder. You're just pushing your foot against that first step to see if the ladder seems solid and trying to make your mind up on if you want to climb it.

**Floor** – You've not taken that first step yet. Both feet are firmly still on the floor and something is currently stopping you from getting that first foot on the ladder.

